



What to pack in your new baby hospital bag

Labor and delivery

- Loose-fitting clothes for early labor
- Slippers/flip flops, comfortable shoes
- Robe
- Lotion
- Massage tools
- Lip balm
- Streaming device (Firestick, Roku)
- Phone Charger
- Journal
- Flameless candles
- Portable speaker for the bathroom
- Focal point (photo, stuffed animal
laptop with picture slide show – be creative)
- Birth plan
- Pillow for mom and partner
- Change of clothes for partner
- Snacks for partner
- Glasses or contacts
- Aroma Therapy

After baby's arrival

- Cozy Blanket
- Nursing Pajamas
- Comfortable, loose-fitting clothing
- Toiletries
- Breastfeeding pillow
- Car seat
- Going-home outfit for baby
- Sleep/nursing bra & nursing pads
- Breast pump - purchase in gift shop

Methodist provides

- Post-baby undies
- Large pads
- Peri Bottle
- Diapers
- Wipes
- Swaddling blankets for your stay
- Nasal aspirator
- Scalp brush
- In-room hair dryer
- In-room small refrigerator